

## Bar C Ranch Pulled Beef - Sharon Cooper

1 medium onion chopped

½ cup ketchup

1/3 cup vinegar

¼ cup packed brown sugar

¼ cup tomato paste

2 tbsp paprika

2 tbsp Worcestershire sauce

2 tbsp yellow mustard

1 ½ tsp salt

1 ¼ tsp black pepper

4 lbs of boneless beef roast (maybe used whole or cut into fours)

In a 4 ½ - 6 qt. slow cooker pot stir in onion, ketchup, vinegar, brown sugar, tomato paste, paprika, Worcestershire sauce, mustard, salt and pepper until combined. Add beef to sauce mixture and turn to coat well with sauce. Cook on low setting 8-10 hours. Transfer beef to bowl, turn slow cooker to high and boil sauce until slightly thickened. While sauce boils, with 2 forks pull meat into shreds. Return shredded meat to slow cooker and toss with sauce. Reheat on high if necessary. Spoon meat mixture onto buns.

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